

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 02032, Spices, pepper, white

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	11.42	132	0.179	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Energy	kcal	296	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Energy	kJ	1238	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2005
Protein	g	10.40	78	0.120	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Total lipid (fat) ^a	g	2.12	75	0.159	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Ash	g	1.59	1023	0.026	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Carbohydrate, by difference	g	68.61	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Fiber, total dietary	g	26.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1994
Minerals													
Calcium, Ca	mg	265	--	30.021	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Iron, Fe	mg	14.31	--	2.923	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Magnesium, Mg	mg	90	--	12.038	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P	mg	176	--	12.036	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Potassium, K	mg	73	--	7.949	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Sodium, Na	mg	5	--	0.951	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Zinc, Zn	mg	1.13	--	0.272	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Copper, Cu	mg	0.910	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Manganese, Mn	mg	4.300	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Selenium, Se	µg	3.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1998
Vitamins													
Vitamin C, total ascorbic acid	mg	21.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
Thiamin	mg	0.022	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Riboflavin	mg	0.126	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Niacin	mg	0.212	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Vitamin B-6 ¹	mg	0.100	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2002
Folate, total	µg	10	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, food	µg	10	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2002
Folate, DFE	µg	10	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2006
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	01/1977
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Lipids													
Fatty acids, total saturated	g	0.626	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/1994
Fatty acids, total monounsaturated	g	0.789	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
Fatty acids, total polyunsaturated	g	0.616	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/1977
Phytosterols	mg	55	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985

Sources of Data¹S.W. Leonard, K. Hardin, J.E. Leklem Vitamin B-6 Content of Spices, 2001 Journal of Food Composition and Analysis 14 pp.163-167**Footnotes**^a Total proximates do not equal 100% because piperine was subtracted from lipid value.